



SLIM DOWN SANDY

GAIN POINTS AND LOSE WEIGHT IN 10 WEEKS!

Saturday, April 4th through Saturday, June 13, 2009

JOIN THE CHALLENGE:

Healthy Sandy Partnership is sponsoring this ten-week program to encourage all Sandy residents to increase their daily activity, become nutritionally conscious and to lose weight while becoming healthier. Please note that youth can register and join the activities, but need to be 18 yrs old to weigh-in.

WHEN & HOW:

REGISTRATION & WEIGH-IN: Receive "Start-up Packet"

- 1) Wednesday, March 25, 2009 9 a.m. - Noon
Sandy Senior Center Health Fair - 9310 South 1300 East
- 2) Saturday, March 28, 2009 10 a.m. - 2 p.m.
Alta View Hospital Health Fair - 9660 South 1300 East-Classrooms A & B
- 3) Saturday, April 4, 2009 9 a.m. - 11 a.m.
Lone Peak Park Indoor Pavilion - 10140 South 700 East & Walk the Gold Medal Mile

OPTIONAL REGISTRATION & WEIGH-IN:

- 4) Wednesday, March 25 - Friday, April 3, 2009
Thin and Healthy's Total Solution - 9486 S. Union Square
Monday—Friday 9 a.m. - 6 p.m.

*First 500 people to
sign up will receive
a free pedometer.*

OFFICIAL WEIGH - OUT:

Date: Saturday, June 13, 2009

Location: Lone Peak Park Indoor Pavilion - 10140 South 700 East

Time: 9 a.m. - 10 a.m.

OPTIONAL WEIGH-OUT:

Tuesday, June 9 - Friday, June 12, 2009 from 9 a.m. - 6 p.m.
Thin and Healthy's Total Solution - 9486 S. Union Square

PROGRAM INFORMATION:

- A points card will be included in your "Start-up Packet." Be sure to bring this to each activity and receive a punch to qualify for prizes.
- Other ways to earn points include: registering, weighing in, participating in the weekly 1 mile walks or attending the nutritional talks.
- On completion of the program each successful participant receives a t-shirt and is eligible for prizes dependent on points accumulated.
- For program information please visit www.sandy.utah.gov/slimdown or contact Michele Carter at Alta Canyon Sports Center at 801-568-4602.



Slim Down Sandy Information

Your “Start-up Packet” will include:

- Points card - please bring the points card to each activity you attend and have it validated (if you did not receive one, please call 801-568-4602).
- Habit Tracker - a demonstration for using and completing the tracker will be available at the kick-off event.
- Nutrition Information

Earn Points by:

- Attending weekly 1-mile walks
- Participating in nutrition talks
- Race participation (visit www.utahraceguide.com for complete list of races)
- Losing weight; one pound lost = 10 points

Points will be tallied on the official weigh-out date taking place on June 13. All participants to reach point levels will be eligible for prizes.

45 pts – 75 pts = Slim Bronze

80 pts – 120 pts = Slim Silver

125 pts – 165 + pts = Slim Gold

Check out www.sandy.utah.gov/slimdown for more information

